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NASHVILLE,

TENN.

WHAT IS THE YOUNG MEN'S CHRISTIAN ASSOCIATION?

It is an organized group of Christian young men banded together for mutual helpfulness and for the purpose of associating with and helping all other men who are willing to enter into its spirit and purpose.

It is an organization where men can meet men on a common plane for the purpose of getting a clear conception of the social relations which should exist among each other.

It is a Christian institution that caters to the wholesome taste of normal young men and seeks to reverse their evil inclinations, not by legal restraint or oral persuasion, but by supplying attractions which appeal to and help to develop the spiritual, physical, social and mental sides of their lives.

It is a non-sectarian movement manned by men of good standing in Christian churches. This makes it a

permanent Christian organization but prevents it from being domineered or ruled by any man or any group of men of any one particular faith. It is run by Christian men of all faiths for the benefit of men of any or no faith.

It is a place of practical advantages for all men, but especially for young men. The opportunity both to make a friend and to be a friend is amply afforded the rich and poor alike.

It is not an experiment, but the survivor of many experiments, of a social, athletic, educational, ethical and even religious nature for men.

With its opportunity for wholesome association with the choice manhood of the age as well as for recreation in its dormitories, swimming pools, bath rooms and gymnasium and the instruction in the Bible Classes and educational department together with its Christian fellowship it may serve as a PREVENTIVE OF

many of the social evils now prevalent among young men in large cities.

WHY AND WHAT WE SHOULD EAT.

By Margaret B. Foulks.

In the midst of the rush and whirl of present day living, how few of us ever ask ourselves the question, why do I eat? We go into hotels, restaurants, homes in cities and country, and we find everywhere that whatever else is given up for lack of time or money, some way, somehow, there must be food and time to eat it.

Most of us have a vague, general idea that we eat to live, and that the body must get its strength from food. We might think of the body as an engine and being compelled to have fuel to burn to produce heat and energy, but unlike a machine the body must repair itself. Therefore if we stop and answer this question seriously we might say we eat to furnish our bodies with heat and energy, and to give it the material for repair and growth. In other words, the function of the food is twofold. It is put into the body to supply it with heat and energy, and to give it material for repairing and building tissue. Most foods contribute some to both processes, but some are richer in the heat producing qualities, while others are mostly made of the tissue building materials.

Our bodies contain Oxygen, Hydrogen, Carbon, Nitrogen, Phosphorus, Calcium, Chlorine, Sodium, Iron, Potassium, Magnesium, Silica, and Flourine, therefore we must supply it with these elements through food we eat and the air we breathe. To make a healthy, normal body and brain, we should be getting in our food some of all the food principles it takes to supply these elements the body is made of, and takes to keep it in a perfect condition. We may think we are eating to satisfy hunger, from habit or pleasure it gives us, but there is back of all that nature's call for the material she needs to keep the body in perfect condition. We may truly say we eat to live, but those who care to do more than exist, who desire to have clean, healthy, successful lives, must go deeper than that and remember, we eat to give the body some of all the elements nature uses in making brain, bone, tissue, fat and blood.

Man can and does exist on very unsuitable and even injurious food, but it is existence only and not real living. Wholesome and digestible food is a necessity to every effective life, and wholesome digestible food is the only substance that can be turned into energy, heat and tissue. A great many people to-day are selling their birthright of health, energy, clear brains and strong muscles for a mess of pottage, and for ten minutes satisfying of appetite they are getting in return as many hours of pain and suffering.

When we have learned why we eat, the question must follow, if I am eating to supply material for heat, energy and tissue, what must I eat? Ever since the world began nature has provided the food man's system calls for in some form. With the savage it was not so much which food shall I eat as what food can I get. But even then nature provided the different elements needed, though in a cruder, simpler form than we have at present. For many years the race has been studying the food problem and with the birth and growth of agriculture, it becomes more and more possible to choose our food. The small sour fruits were cultivated and became the luscious, juicy products we have to-day. A similar development took place in grain, vegetable and animal foods. The savage knew nothing of food values, his eye and ear being the only guide, and sometimes very poor ones. Experience was a better guide, and by pain and death taught many things, and for centuries our race had no better guide than the knowledge experience taught. It is only since chemistry and biology have taught us what our bodies contain and what they demand if they are to do their best work, that we are beginning to know why we give it food and what we should give it. Chemistry teaches us that the body is simply a chemical or a number of chemical laboratories taking the food we put into it and by combining with other elements converting it into the elements the body is made of. It is not hard for us to see that if we put coal into an engine it will give us heat, smoke and ashes, and it is quite as easy to see that if we use dirt or some substance the engine could not burn, that we would not get the heat. How many housewives ever stop to ask themselves whether they are eating and giving to their families the fuel the body can use for heat energy and tissue, or whether it is mostly waste, and

after being taken in, instead of being converted into these, only taxes the chemical laboratories until gotten rid of. It is perhaps true that the majority of housewives lay aside chemistry and biology with their school books and straightway forget that their cooking room as well as their body is really a chemical laboratory.

It is to these and all housewives who are eating and giving to their bodies to eat only food from habit or to satisfy appetite that I send this little paper. Not long ago a lady eating the threescore mark said to me that she would give anything to study domestic science but it was impossible for her to take up chemistry and biology. I think there is no housewife too busy to spare the time to learn and then remember the five food principles and apply them in her home-making. If the body and brain is to be strong and well supplied with the elements it needs to make it so, we must give it our food some of all these food principles. If this is true it is not worth while to give a little time each day to deciding what we will give our families to eat? Are we preparing and combining the materials at our command so that it means fuel or waste? Could we not get more nourishment out of the same amount of food, work and expense if we gave a little time and thought to why and what we should eat?

The five food principles are Protein, Fat, Carbohydrates, mineral matter and water. Nature has been bountiful in providing us with all these in either simple or combined state. Sometimes we use them wisely and often we do not. Protein is our tissue and muscle making food and we get it in such foods as eggs, milk, lean meat, cheese, nuts, beans, peas, cereals, etc. Fats, we depend on for heat, and get our largest quantities from fats of meat, butter, cream, olive oil, etc. Carbohydrates give us heat also, but are our energy supplying food. They are found in all sugars, starchy vegetables (as potatoes), rice and other cereals, breads, macaroni and corn starch, and traces in vegetables and fruits. Mineral matter is found in some proportion in nearly all food, but we get our main supply from vegetables. In eating protein we get some sulphur, phosphorus and potassium, but a lack of vegetables seems to impoverish the blood corpuscles and meat, sugar, butter, etc., cannot take the place of cabbage, carrots, asparagus and other vegetables. Water acts as a chemical agent and protein foods must have water to do their work. Blood must have water, and acting as a great eliminator it carries off what would otherwise clog the system. In fact, the service of pure water cannot be overestimated, there being perhaps only one other element as important to life and that is air. And we should always keep in mind, in planning our food, the important place air has in converting the food into energy and heat. The best planned meals, the best prepared foods, and the most perfect digestive organs can do nothing toward giving us health if we shut ourselves away from pure air.

It would seem then that strong, healthy lives are within reach of all who care to spend a little time finding what nature calls for and supplying that call. It is most often the case that this time spent in studying right living will give back better results with much less expense, time and waste, and the old way of working without thought or knowledge.

Reduced prices on slippers this week. Come, and get a pair, at J. H. Foreman, 11th and Jefferson.

MR. P. F. HILL.

By Horace Slatter.

It is highly probable that the next election will see at least one Negro magistrate in Davidson County, Tenn. Out of the nineteen to be chosen from the city of Nashville, there is little doubt but that P. F. Hill, the Tennessee Grand Master of the United Brothers of Friendship of the Sisters of Mysterious Ten, will be elected.

Mr. Hill is without doubt one of the most versatile and forceful men in our public life. He has been Grand Master of the United Brothers of Friendship for a long time, and is regarded throughout the country as one of the order's strongest men.

He is the recognized leader of a faction in Tennessee politics that wields considerable influence and of



P. F. HILL.

a faction of local Nashville politics that on more than one occasion has practically decided contests. In the Independent Republican organization at the recent state election, the Negro vote, under Mr. Hill's leadership, was able to elect the straight Democratic Ticket for Nashville, although the fusion ticket won out in the state.

As a result of this Independent vote on the part of the colored people, the city of Nashville, through its present administration, has been moved to do several things for the Negro citizens not usually done in

Special Invitation To Visiting Teachers

While in the city the visiting teachers will be cordially welcomed to our house for the purpose of inspecting the largest stock of House Furnishings to be found in the South.

Special recitals will be given in our Graphophone Department at any time on request, on our famous COLUMBIA GRAPHPHONOLA. All the latest selections from the world's leading singers, bands and musicians. \$40,000 display of Fine China, Cut Glass, Silverware, Art Pottery, Crockery, etc., on one floor. See the celebrated display of HEATING AND COOKING STOVES AND RANGES. Visit the Mantel Department, exhibiting the Dresden China Mantel valued \$1000.00, Hammocks, Swings and other Summer Goods.

Prices will be cut in half on Cylinder talking machine records during the next few days.

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MAJESTIC THEATRE BUILDING
428 CEDAR ST.

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MEN'S FURNISHINGS
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Nashville, Tenn.

other cities. Not the least of these is making provisions for site and maintenance of a Carnegie Library for Negroes, and the establishment of a city park for colored people at a cost of more than \$20,000, and a Tuberculosis Hospital.

P. F. Hill is well known throughout the country, and in Nashville and Davidson County stands as one of its most substantial citizens. He owns a goodly amount of city and suburban real estate, and is a farmer.

There is every likelihood that the strength of the Negro vote, insofar as Mr. Hill can influence it in Tennessee, will go to the Roosevelt movement in National politics.

Mr. Hill attended the recent Chicago convention as an original Roosevelt advocate, and is thoroughly in sympathy with all the progressive ideas advocated by the Colonel. One of his best political friends has been placed in charge of the Roosevelt movement in Tennessee, and while he will say nothing at this time for publication along that line, it is understood by his friends that he will be actively in the Roosevelt fight.

CARD OF THANKS.

We wish to thank our many friends for the kindnesses shown us during the recent illness and death of our husband and father, Jas. Murrell.

Signed: Susie Murrell, Julia M. Bramlett, Mary L. Fowler, Jas. S. Murrell, Dayse M. Watkins, Nina Eva Murrell, Braxton R. Murrell.

DRIVERS' MUTUAL AID ASSOCIATION ANNUAL BANQUET.

Greenwood Park, the celebrated place of amusement and recreation for colored people, was the scene of the annual banquet of the Drivers' Mutual Aid Association of Nashville, last Wednesday evening, June 26th. The feast was spread in the mammoth "Grandma's Kitchen" and covers were laid for three hundred guests. Special cars were chartered for the occasion. It appeared that even the night was made to order for the occasion, the moon shone brightly and there was just enough temperature to make a light wrap comfortable. The president of the Drivers' Union, Mr. Foster, together with his officers and committees, made splendid arrangements for the entertaining of the members and their guests. Co-operating with the Union was the ladies' auxiliary. These two organizations working together are two of the most substantial bodies in the city. For more than a quarter of a century the Drivers' Union has been working successfully. There was no special speech making. The speakers of the evening, as announced by the president, were Rev. C. H. Clark, D. D., pastor of the Mt. Olive Baptist Church, and Rev. S. L. Howard, D. D., pastor of the St. John A. M. E. Church, and Rev. H. A. Boyd. The former delivered the opening address, while the latter invoked divine blessing, after which he made a few pointed remarks. Conspicuous in this gathering were the ladies who took part in the entertainment as guests and hostesses. At eleven o'clock the special cars, four in num-

Jere M. Baker

Announces Himself as a Candidate for MAGISTRATE of the First Civil District of Davidson County, August Election.

Telephone Main 1477

T. G. EWING

LAWYER

AND NOTARY PUBLIC

Has moved his office from the Brown Block to room 5 first floor Napier Court. Clients and friends are invited to call at his new quarters.

MAGISTRATE ANNOUNCEMENT

To my many friends and the Public in general.

I hereby announce myself as a candidate for Magistrate of the First Civil District (Nashville) at the election of Thursday, August 1st, 1912. I am, and always will be, teetotally against fee grabbing and grafting. Soliciting your vote and influence and thanking you for past favors.

I remain respectfully as ever,
J. HENRY BLODAU.

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the city singing the praises of the Drivers' Union of the city of Nashville.

The Union was organized about